

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims (deleted text being struck through and added text being underlined):

1. (Currently Amended) An exercise system comprising:
 - a plurality of body members being adapted for snugly fitting around a portion of a user;
 - a plurality of pockets being coupled to each of said body members, each of said pockets having a flap for securing to a front panel of each said pockets such that said flap is for closing each of said respective pockets;
 - a plurality of weight members each being selectively insertable into each of said pockets such that said weight members are adapted for changing the weight resistance against muscles of the user when said body member is fitted around a portion of a user;.
 - ~~at least~~ a first one of said body members inwardly tapering from a trailing edge to a leading edge such that said first body member is adapted for fitting a forearm of the user; and
 - said plurality of pockets comprises a first pair of pockets being coupled to the ~~associated~~ first one of said body members, a first one of said first pair of pockets being coupled proximate a leading edge of the ~~associated~~ first one of said body members, a second one of said first pair of pockets being coupled to the ~~associated~~ first one of said body members proximate said trailing edge of the ~~associated~~ first one of said body members such that said second one of said first pair of pockets is adapted for being positioned on an opposite side of the forearm of the user from said first one of said first pair of pockets, said pockets being adapted for spreading the weight from said weight members evenly over the forearm of the user;

a second one of said body members inwardly tapers from an upper edge to a lower edge such that said second body member is adapted for fitting a thigh of the user;

said plurality of pockets comprises a second pair of pockets being coupled to the second one of said body members, a first one of said second pair of pockets being coupled proximate to the leading edge of the second one of said body members, a second one of said second pair of pockets being coupled to the second one of said body members proximate to the trailing edge of the second one of said body members;

said plurality of pockets comprises a third pair of pockets being coupled to the second one of said body members, a first one and a second one of said third pair of pockets each extending from a location proximate to the leading edge to a location proximate the trailing edge of the second one of said body members, the first one of said third pair of pockets being located on an opposite side of said second pair of pockets from the second one of said third pair of pockets.

2. (Cancelled)

3. (Currently Amended) The exercise system as set forth in claim [[[2]]] 1, further comprising:

a pair of support straps being coupled to an associated one of said body members fitting on the thigh of the user such that each of said support straps is releasably coupled to itself for adjustably securing the associated one of said body members to the thigh of the user, a first of said support straps being positioned proximate said upper edge of the associated one of said body members, a second of said support straps being positioned proximate said lower edge of the associated one of said body members.

4. (Currently Amended) The exercise system as set forth in claim 3, wherein each of said support straps has a buckle coupled to an end of said support strap, each of said support straps being for extending through said respective buckle and cinched back and secured to itself for ensuring ~~securment~~ securement of the associated one of said body members to the thigh of the user.

5. (Previously presented) The exercise system as set forth in claim 1, wherein at least one of said body members is substantially planar having first end and a second end, said first end having a first fastener portion for releasably securing to a second fastener of said second end, the associated one of said body members being adapted for securing around an ankle of a user.

6. (Original) The exercise system as set forth in claim 5, wherein said first fastener comprises a first portion of hook and loop fastener, said second fastener comprising a second portion of hook and loop fastener such that said first portion of hook and loop fastener is complimentary to said second portion of hook and loop fastener for releasably securing said first end to said second end of the associated one of said body members.

7. (Cancelled)

8. (Previously presented) The exercise system as set forth in claim 7, further comprising:

a pair of cinch straps being coupled to the associated one of said body members fitting around the forearm of the user such that each of said cinch straps is releasably coupled to itself for adjustably securing said body member to the forearm of the user, a first of said cinch straps being positioned proximate said trailing edge of the associated one of said body members, a second of said cinch straps being positioned proximate said leading edge of the associated one of said body members.

9. (Currently Amended) The exercise system as set forth in claim 1, wherein each of said cinch straps has a cinch buckle coupled to an end of each of said cinch straps, each of said cinch straps being for extending through said respective cinch buckle and cinched back and secured to itself for ensuring ~~securment~~ securement of the associated one of said body members to the forearm of the user.

10. (Cancelled)

11. (Previously presented) The exercise system as set forth in claim 1, wherein at least one of said body members has a leg opening, a heel opening, and a toe opening such that the associated one of said body members is adapted for inserting a foot of the user to position the associated one of said body members over an ankle of the user.

12. (Original) The exercise system as set forth in claim 11, wherein at least one of said pockets is positioned above the ankle of the user for preventing said pocket from rubbing on the ankle of the user.

13. (Previously presented) The exercise system as set forth in claim 1, wherein at least one of said body members has a pair of arm openings, a head opening and a torso opening such that the associated one of said body members is adapted for receiving a torso of a user, the associated one of said body members comprising a back panel and a front panel, said back panel being adapted for covering a back of the user, said front panel being adapted for covering a front of the user.

14. (Previously presented) The exercise system as set forth in claim 13, wherein said plurality of said pockets are positioned on said back panel of the associated one of said body members between said pair of arm opening, said weight members in said pockets being adapted for being positioned over shoulder blades of the user for exerting weight resistance to the shoulders of the user.

15. (Previously presented) The exercise system as set forth in claim 13, wherein said plurality of said pockets are positioned on said back panel of the associated one of said body members below said arm openings, said weight members in said pockets being adapted for providing weight resistance to a lower back of the user.

16. (Currently Amended) The exercise system as set forth in claim 13, wherein said plurality of said pockets are positioned on said front panel of the associated one of said body members between said arm

17. (Previously presented) The exercise system as set forth in claim 13, wherein said plurality of said pockets are positioned on said front panel of the associated one of said body members below said arm openings, said weight members in said pockets being adapted for providing weight resistance to the muscles of an abdominal area of the user.

18. (Original) The exercise system as set forth in claim 1, wherein said weight members comprise a flexible material such that said weight members are adapted for conforming to a surface area of the user for preventing said weight members from rubbing against the user.

19. (Cancelled)

20. (New) The exercise system as set forth in claim 1, wherein each one of said pockets of said plurality of pockets is spaced from all other said pockets of said plurality of pockets.

21. (New) The exercise system as set forth in claim 1, further comprising:

a pair of support straps being coupled to an associated one of said body members fitting on the thigh of the user such that each of said support straps is releasably coupled to itself for adjustably securing the associated one of said body members to the thigh of the user, a first of said support straps being positioned proximate said upper edge of the associated one of said body members, a second of said support straps being positioned proximate said lower edge of the associated one of said body members;

wherein each of said support straps has a buckle coupled to an end of said support strap, each of said support straps being for extending through said respective buckle and cinched back and secured to itself for ensuring securement of the associated one of said body members to the thigh of the user;

wherein at least one of said body members is substantially planar having first end and a second end, said first end having a first fastener portion for releasably securing to a second fastener of said second end, the associated one of said body members being adapted for securing around an ankle of a user;

wherein said first fastener comprises a first portion of hook and loop fastener, said second fastener comprising a second portion of hook and loop fastener such that said first portion of hook and loop fastener is complimentary to said second portion of hook and loop fastener for releasably securing said first end to said second end of the associated one of said body members;

a pair of cinch straps being coupled to the associated one of said body members fitting around the forearm of the user such that each of said cinch straps is releasably coupled to itself for adjustably securing said body member to the forearm of the user, a first of said cinch straps being positioned proximate said trailing edge of the associated one of said body

members, a second of said cinch straps being positioned proximate said leading edge of the associated one of said body members;

wherein each of said cinch straps has a cinch buckle coupled to an end of each of said cinch straps, each of said cinch straps being for extending through said respective cinch buckle and cinched back and secured to itself for ensuring securement of the associated one of said body members to the forearm of the user;

wherein at least one of said body members has a leg opening, a heel opening, and a toe opening such that the associated one of said body members is adapted for inserting a foot of the user to position the associated one of said body members over an ankle of the user;

wherein at least one of said pockets is positioned above the ankle of the user for preventing said pocket from rubbing on the ankle of the user;

wherein at least one of said body members has a pair of arm openings, a head opening and a torso opening such that the associated one of said body members is adapted for receiving a torso of a user, the associated one of said body members comprising a back panel and a front panel, said back panel being adapted for covering a back of the user, said front panel being adapted for covering a front of the user;

wherein said plurality of said pockets are positioned on said back panel of the associated one of said body members between said pair of arm opening, said weight members in said pockets being adapted for being positioned over shoulder blades of the user for exerting weight resistance to the shoulders of the user;

wherein said plurality of said pockets are positioned on said back panel of the associated one of said body members below said arm openings, said weight members in said pockets being adapted for providing weight resistance to a lower back of the user;

wherein said plurality of said pockets are positioned on said front panel of the associated one of said body members between said arm;

wherein said plurality of said pockets are positioned on said front panel of the associated one of said body members below said arm openings, said weight members in said pockets being adapted for providing weight resistance to the muscles of an abdominal area of the user;

wherein said weight members comprise a flexible material such that said weight members are adapted for conforming to a surface area of the user for preventing said weight members from rubbing against the user; and

wherein each one of said pockets of said plurality of pockets is spaced from all other said pockets of said plurality of pockets.

22. (New) An exercise system comprising:

a plurality of body members for snugly fitting around a portion of a body of a user;

a plurality of pockets being coupled to each of said body members, each of said pockets having a flap for securing to a front panel of each said pockets such that said flap is for closing each of said respective pockets;

a plurality of weight members each being selectively insertable into each of said pockets such that said weight members are adapted for changing the weight resistance against muscles of the user when said body member is fitted around a portion of a user;.

a first one of said body members inwardly tapering from a trailing edge to a leading edge for fitting a forearm of the user; and

a second one of said body members inwardly tapering from an upper edge to a lower edge for fitting a thigh of the user; and

a pair of support straps being coupled to an associated one of said body members fitting on the thigh of the user such that each of said support straps is releasably coupled to itself for adjustably securing the associated one of said body members to the thigh of the user, each of said support straps being positioned over at least two of said pockets such that said support straps circumscribe said at least two pockets, a first of said support straps being positioned toward said upper edge of the associated one of said

body members, a second of said support straps being positioned toward said lower edge of the associated one of said body members.

23. (New) The exercise system as set forth in claim 22, wherein said plurality of pockets comprises a first pair of pockets being coupled to the first one of said body members, a first one of said first pair of pockets being coupled proximate a leading edge of the first one of said body members, a second one of said first pair of pockets being coupled to the first one of said body members proximate said trailing edge of the first one of said body members such that said second one of said first pair of pockets is adapted for being positioned on an opposite side of the forearm of the user from said first one of said first pair of pockets, said pockets being adapted for spreading the weight from said weight members evenly over the forearm of the user;

wherein said plurality of pockets comprises a second pair of pockets being coupled to the second one of said body members, a first one of said second pair of pockets being coupled proximate to the leading edge of the second one of said body members, a second one of said second pair of pockets being coupled to the second one of said body members proximate to the trailing edge of the second one of said body members; and

wherein said plurality of pockets comprises a third pair of pockets being coupled to the second one of said body members, a first one and a second one of said third pair of pockets each extending from a location proximate to the leading edge to a location proximate the trailing edge of the second one of said body members, the first one of said third pair of pockets being located on an opposite side of said second pair of pockets from the second one of said third pair of pockets.